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Fun to Make Scrapbooks and Fun to Keep Them

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limited portion of fresh vegetables and butter that she takes.

To get all the minerals and vitamins she should have, the college girl would need to eat 3000 calories of our modern food every day. But she does not. Very few college girls feel that 3000 calories a day is conducive to a slim figure, so she reduces her food to about 2000 calories instead.

Now take this picture of what the college girl eats, and take a good look at it. Think of the low hemoglobin count, the low basal rate, the irritating little symptoms of the slightly undernourished. There you will have the reason for this investigation.

Its purpose is to find out the exact truth about the matter. Does the college girl need as much of proteins, carbohydrates, minerals, and vitamins

as present standards say she does? Or is she getting more minerals and vitamins than is suspected?

This is not just an Iowa State College project, although its foods and nutrition department has had a great part in the initiation of the work. The Universities of Iowa, Minnesota, Wisconsin, Nebraska, Purdue University, Ohio State University, and Kansas State College are delving into it too. And any others that will meet the requirements of the plan may enter the work.

For it will be work, painstaking, grueling work, years of it. Dr. Hrdlicka is not the only one to realize that. But, like the others in his counsel, he looked beyond the college girl as she is in school. He saw her as the potential mother, as one who would

help to influence the fate of the race.

He saw the modern tendencies that must be counteracted with knowledge and education. "Women," he said once, "through being misled by all sorts of bad examples, have lost the love of home, or have given it up—they never lose it really, they can't lose it—but give it up superficially to follow all sorts of things, ends of rainbows which they never reach."

And so the momentous project has been begun. What the findings will be one cannot say. Even after the data are gathered and the conclusions drawn it will be years before the college girl will become so truly educated that she will not only know what she should eat, but she will see that she does eat it. The goal has been set and it has a purpose behind it.

Fun to Make Scrapbooks and Fun to Keep Them

by Alvina Iverson

HAVE you ever made a real honest-to-goodness scrapbook that is yours and yours alone? If so you've probably spent more than one evening looking at it when you should have been looking at your chemistry book.

There's something intriguing about a scrapbook. Your scrapbook is so often "you." It probably wouldn't mean anything to anyone else but personal sentiment makes it invaluable to you.

If you decide to make your own scrapbook you have unlimited opportunities for displaying originality and making something that's really yours and yours alone. Your individual taste will probably first be shown in your choice of material for the cover. Extremely attractive covers can be made from construction paper, peasant prints or textiles.

Craft students under Miss Mabel Fisher, associate professor of applied art, have made striking scrapbooks in modern line designs by using ordinary construction paper in harmonizing colors, rather than cutting conventional designs and pasting them on a background.

The binding strip is secured to the cover by bookbinder's linen which can be obtained in a variety of colors. It is cut the length of the cover plus 2 inch allowances to turn over each end. The width of the linen depends on the width of the binding strip. It should cover the hinge entirely on both sides with approximately 1 inch allowed on each for securing to the larger cardboard. One-eighth inch should be left between the cardboard and the binding strip to insure a flexible hinge. Paste the linen in place on the outside of the cover, turn the linen tabs over the

end of the cardboard to the inside, paste down securely, then turn the remaining width of the linen to the in-



Try Weaving a Cover

side and paste.

In cutting the material chosen for the cover allow 1 inch around the outside edges and one-half inch to extend over the book-binder's linen. If using a textile, put the selvage of the material along the linen. Paste the material in place and miter the inside corners to make a neat finish.

The paper lining of the cover should harmonize with the outside and is cut one-eighth inch shorter than the foundation cardboard on all edges. Holes are punched through the hinge and binding posts inserted to make a loose-leaf scrapbook.

Manilla paper is ideal for the leaves of the book. Miss Fisher suggests inserting strips of cardboard the width of the hinge between each page to make sufficient space allowance to keep your book from bulging when crammed

full of clippings, pictures, dance programs or what have you.

Once in the scrapbook spirit, you will undoubtedly think of many different types you would like to make.

Miss Fisher suggests using brown butcher's paper for the inner pages. The paper should be twice the width of the desired page for it will be folded. Tearing the edges with a ruler will give that rough hand-made effect.

A peasant paper with a favorite print makes a stunning cover, and a well-chosen textile is always in good taste. Large-figured textiles are to be avoided and abstract designs are decidedly preferable to realistic patterns.

Heavyweight cardboard is most suitable for the foundation of the cover. As square scrapbooks are conventional, other shapes may prove more desirable if good proportions are maintained.

Cut off a strip from the side of the cardboard which you wish to bind. This binding strip will be a hinge.

Peasant prints, textiles or construction paper also make attractive covers for this type of scrapbook, but suede or leather with burnt designs are especially lovely for the smaller books. The cardboard foundation is cut to fit to the bound edge of the filler. Front and back cardboards are glued to the same piece of cover material, enough space being left between to allow for the depth of the book.

You can get a good facsimile of commercial binding if you take some blunt tool and run it along the bound edge of the cardboard to make a crease such as is found on any book you buy.

It's fun to make scrapbooks, but it's even more fun to keep scrapbooks! Why don't you try it?